



2021-2022 Class Schedule

Fall: Sept 9th-Dec 11th
Winter: Dec 13th-March 19th
Spring: March 21st-June 25th

4 Gold Mine Rd Flanders, NJ 07836
973-347-2771
csgymnasticsinc@gmail.com
www.csgymnasticsinc.com
facebook.com/csgymnastics

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYMNASTICS						
Parent-Child Ages 18 mo.- 3 y/o: 45 min		3:00-3:45				9:00-9:45
Pre-K Skill Development Ages 3-4: 45 min		4:15-5:00		5:15-6:00		10:00-10:45
Ages 5-6: 1hr		6:00-7:00	5:00-6:00	4:00-5:00	4:00-5:00 6:45-7:45	11:00-12:00
Girls Ages 7+: 1hr 15 min	4:00-5:15 6:45-8:00	7:15-8:30	6:15-7:30	6:15-7:30 L2+	5:15-6:30	12:15-1:30
Boys Ages 7+: 1hr		4:30-5:30		4:30-5:30		
TUMBLING						
Tumbling Ages 7+: 1hr	4:30-5:30 (Advanced - Back Handspring required) 5:30-6:30	4:00-5:00		7:30-8:30		
ULTIMATE NINJA ATHLETE						
Ages 4-6: 1hr	4:30-5:30	1:00-2:00	4:30-5:30 5:45-6:45	4:30-5:30	5:45-6:45	11:30-12:30
Ages 7+: 1hr	5:45-6:45 (Level 2+)		6:45-7:45	5:45-6:45	4:30-5:30	10:15-11:15

Parent/Child ages 18mo-3 y/o: Parents participate with their little ones in this teacher-led program. Features fun & safe circuits, circle activities, and encourages socialization. Builds agility and confidence!

Pre-K Skill Development Ages 3-4: Intro into gymnastics concepts with safe and fun drills and circuits. Focuses on tumbling basics, balance, strength development and familiarity with gymnastics apparatus.

Gymnastics Ages 5-6: Focuses on development of gymnastics skills on all apparatus with more emphasis on form and strength.

Gymnastics Ages 7+: Focuses on increasing the difficulty level of skills as well as establishing proficiency and comfort on all apparatus.

Tumbling Ages 7+: Focuses on developing tumbling skills utilizing tumble track, spring floor and skill stations.

Ultimate Ninja Athlete (UNA): The mission of this program is to create the ultimate ninja athlete by combining obstacle training and parkour with elements of martial arts and gymnastics. The result is a super fit athlete that can handle anything a ninja warrior course can throw at them!

**LEVEL 1:
Skills
Required**
None

**LEVEL 2:
Skills
Required**
Ability to follow an obstacle course & basic understanding of UNA elements

**LEVEL 3:
Skills
Required**
Proficiency in all elements of UNA
Must Test Up

**LEVEL 4:
Skills
Required**
Advanced skill in all elements of UNA
Must Test Up

**LEVEL 5:
Skills
Required**
Mastery of all elements of UNA
Must Test Up



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PRICING

NOTE: You can enroll for all 3 sessions at once and eliminate the need to re-enroll at the end of each session!

FULL YEAR Fall, Winter & Spring	1hr	1hr 15min
Paid In Full	\$891	\$918
Autopay by Session	\$297	\$306
Autopay by monthly installment	\$105	\$108

Add a second class for \$185 more / session!
 Multiple Student Discount Available (for full sessions if paid in full) 5% off total price per sibling.

AUTOPAY OPTIONS

(Requires a credit card on file)

BY MONTH:

Tuition broken into monthly installments. Payment made the 3rd of each month.

BY SESSION:

Register for full year or individual sessions. Payment is made automatically on the first due date of each session.

REGISTRATION FEES

Gymnastics Class Students:
 \$40 each annually

Ultimate Ninja Athlete (UNA) Students:
 New: \$60 (includes t-shirt)
 Renewal: \$40 annually

OTHER PROGRAMS

**Gym N' Learn
Pre-School**

Private Lessons
 CALL TO SCHEDULE

Competitive Team
 WOMEN'S USAIGC &
 MEN'S USAG all levels
 Tryout required.

Gold Medal & Pre-Team
 ADVANCED TRAINING
 FOR AGES 5-9
 Evaluation required.

G.A.P.
 (Gymnastics Athletic Program)
 GYMNASTICS TRAINING &
 EXHIBITION FOR AGES 7+
 Evaluation required.

**Parents
Night Out**

**Summer
Camp**

Clean & Safe Facility

- Equipment cleaned after each class
- Frequent hand-washing / sanitizing enforced
- Bathrooms sanitized at regular intervals throughout the day



**Minimum enrollment per class is 3 students

If interested in programs requiring an evaluation, please contact office.